

## Rhythm of the Day©

### Quarterly Progress Report to the Ohio Department of Medicaid

#### (Last Quarter 2019)

In the first quarter of year one of the project, the initiative to launch a natural, holistic approach to the daily lives of the staff, residents and families living with Alzheimer's/Dementia was developed with a systematic approach to project management beginning during the last quarter of 2019. Details of our progress and accomplishments with the program are as follows:

#### Project Administration:

- I. Secured employment with Mary L. Taylor, RN, LNHA, Esq. as Project Manager, Lead Trainer and Consultant.
- II. Secured employment with Iva J. DeWitt-Hoblit, LNHA, BA, MRE as Dementia Trainer and Consultant.
- III. Secured employment with LaTisha Welsh as the Dementia Trainer and Consultant.
- IV. Secured employment of Brandy Coleman as Administrative Assistant/Project Coordinator for data specialization and statistical analysis.
- V. Montessori Assessment System (MAS) secured as primary method of evaluation for participating residents.
- VI. Secured usage of Rhythm of the Day© memory care program from owner miVision, LLC.
- VII. Utilized web-based data bases as well as personal connections with organizations to share the availability of the program to Ohio nursing facilities.
- VIII. Developed online application available on Tobin & Associates website for submissions.
- IX. Online applications requesting participation in the program received for consideration from nursing facilities.
- X. Review of online applications to determine which facilities would qualify for participation in the program based on size and location.

#### Project Agenda:

- I. Expression of interest and/or letters of intent received from 13 nursing facilities. Three facilities have since chosen not to participate.
- II. We currently have 2 facilities committed to begin implementation of the Rhythm of the Day© memory care program
- III. Results received to date from SNF1:
  - a) Initial meeting held with facility leadership team on November 6, 2019 to discuss implementation of the Rhythm of the Day© memory care program; Signed Agreement received.
  - b) Initial training days completed on November 20<sup>th</sup> and 21<sup>st</sup>, 2019 with the leadership team, including most of the Department head team in attendance.

- c) Historical outcomes of Rhythm of the Day© were reviewed with the leadership team.
- d) A family meeting was held and was very well received. Sixteen were in attendance, representing eight different families, as well as the entire facility staff.
- e) The Minister at this facility attended multiple training sessions.
- f) All supplies for this facility have been ordered and delivered.
- g) MAS training offered on 2 different days to allow as many team members as possible the opportunity to get more comfortable with the process.
- h) Aging & Alzheimer's Progression, Rhythm of the Day© timeframe and Montessori Assessment System (MAS) training completed with facility staff on December 3<sup>rd</sup> and 4<sup>th</sup>, 2019 in four hour training sessions held on each day.
- i) Implementation began with 4 residents on December 11, 2019.
- j) One additional resident was added to the program at this facility at the end of December, making a total of 5 residents involved in the program by the end of the first quarter.

SNF1's team shows great enthusiasm regarding Rhythm of the Day© program implementation and looks forward to the next steps. They have a dedicated memory care unit and look forward to the next step in comprehensive training for memory care unit staff. The Director of Nursing and Administrator decided all staff were to be included in the 3-hour portion of training along with the Memory Care Unit staff. The Director of Nursing provided evening training for additional staff in order to get everyone involved and properly trained. The team expressed great excitement and anticipation at implementing the program with the first small group of residents.

Our trainers demonstrated the Rhythm of the Day© programming to the staff with the initial chosen residents throughout an entire day. The staff was very enthusiastic to get started and participated very well. The residents were engaged throughout the entire day and indicated that they were quite tired by the end of the day, which is the goal of the program to assure they sleep well through the night. The Director of Nursing from this facility expressed that she was extremely pleased with the interaction given by one of the particularly challenging residents. At the end of the day the residents stated that they had enjoyed their day tremendously and were ready to do this all again the next day.

The Unit Coordinator at this facility has learned the program very well. The individualized version for their facility is being followed thoroughly and with excellent attention to detail. It was recommended to have nurse aids that still need to gain comfort with the program to shadow the Unit Coordinator.

- IV. Results received to date from SNF2:
  - a) Initial meeting held on December 12, 2019 with facility leadership team to discuss implementation of the Rhythm of the Day© memory care program; Signed Agreement received.

- b) Schedule has been set for follow up training days beginning with a meeting scheduled on January 8, 2020.
- c) This facility does not have a specified Alzheimer Unit

SNF2 contacted us mid-December stating they were extremely interested in learning about the Rhythm of the Day® memory care program. The initial meeting was held with trainers Iva DeWitt-Hoblit and LaTisha Welsh as well as the facility Administrator, Director of Nursing, Activity Director and acting Social Services Director in attendance. LaTisha Welsh will be the lead trainer for this particular facility. All facility attendees are very enthusiastic to begin implementing Rhythm of the Day® in their center.

A tour of the center was given to look at possible options for locations to implement the program. It was explained to them that this program is totally workable in a center that does not have a specified memory care unit. They have indicated that there is a great need of this program as they have over 15 residents who would greatly benefit.

The leadership team of SNF2 will be in touch to advise additional details regarding their facility that our trainers have requested. Our trainers will return on January 8, 2020 to review the individualized created version of Rhythm of the Day® developed for this facility.

#### **Project Measurement:**

- I. Our goal is to decrease each participating facilities direct care staff turnover rate by 10% in all participating nursing facilities and statewide for all participating facilities.

Baseline measurements for direct care staff turnover rate for SNF1 and SNF2 are currently pending at the time of this quarterly report. It is anticipated to be received January 2020.

- II. Obtained MDS scores for participating residents from participating nursing facilities for listed MDS items obtained for first quarter preceding implementation date of each facility to determine facility and statewide aggregate scores.

Baseline MDS scores for participating residents from SNF1 and SNF2 are currently pending at the time of this quarterly report. We anticipate baseline as well as initial MDS scores for SNF1, SNF2 and facilities participating in the program at the time of the second quarterly report.

- III. Our goal is a 10% reduction in the aggregate score for MDS item N0410A (number of days the resident received antipsychotic medication during the last 7 days or since admission/entry or reentry if less than 7 days) in participating residents in participating nursing facilities, and statewide for all participating facilities.

Baseline scores for MDS item N0410A are currently pending at the time of this report. We anticipate collection of the baseline scores as well as the initial measurement scores to be available on the second quarterly report for SN1, SN2 and facilities participating in the program at the time of the second quarterly report.

- IV. Our goal is a 15% reduction in the aggregate score for the following MDS items for all participating residents in participating nursing facilities, and statewide for all participating facilities:
- a) MDS I2300 (UTIs in last 30 days)
  - b) MDS J1800 (Any falls since admission/entry or prior assessment)
  - c) MDS J1900 (Number of falls since admission/entry or prior assessment)

Baseline scores for MDS I2300, MDS J1800 and MDS J1900 are currently pending receipt from SNF1 and SNF2. We anticipate baseline scores as well as initial scores to be available on the second quarterly report for SNF1, SNF2 and facilities participating in the program at the time of the second quarterly report.

- V. Our goal is a 10% reduction in the aggregate score for the following MDS items for participating residents in participating nursing facilities and statewide for all participating facilities:
- a) MDS E0200A (Physical behavioral symptoms directed towards others)
  - b) MDS E0200B (Verbal behavioral symptoms directed towards others)
  - c) MDS E0200C (Other behavioral symptoms not directed towards others)

Baseline scores for MDS E0200A, MDS E0200B and MDS E0200C are currently pending from SNF1 and SNF2. We anticipate availability of these scores as well as the initial reporting scores to be on the second quarterly report for SNF1, SNF2 and facilities participating in the program at the time of the second quarterly report.

**Project Financial:**

There are no travel expenses associated with the first quarter of the Rhythm of the Day© memory care program.

**Project Summary:**

As of December 2019 we have received letters of intent, emails or verbal expressions of interest from 13 facilities. Three of these facilities have since decided not to participate in the program. We will be adding additional facilities into the program starting in January 2020. We will continue to monitor each participating facilities measurements regarding psychotropic medications, UTI's, falls and employee turnover rates as well as the maintenance or improvement of assessment cognitive scores.

It is our goal to have 10 participating facilities for the initial year of the Rhythm of the Day© memory care program.